

HEY MICHIGAN! LET'S GET ACTIVE!

The Governor and the Governor's Council on Physical Fitness, Health and Sports are urging us to get active this summer by training to *walk 5 miles* on Labor Day either at the Mackinaw Bridge Walk or in your own hometown.

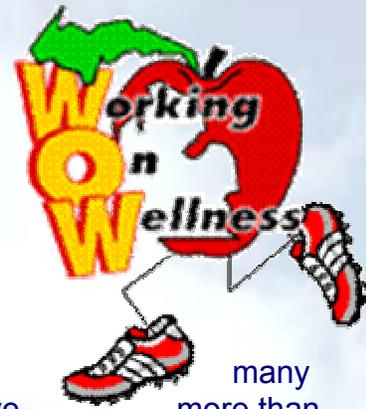
Michigan is so beautiful in the summer and there are many opportunities to get out and hike, bike or swim. We have more than 13,000 miles of trails that cover our state. To get more information or to obtain a trail directory visit: www.railtrails.org/field/michigan

If you and your family enjoy biking, try www.LMB.org, the League of Michigan Bicyclists for a 2004 calendar of rides or biking tips. Biking can be a great way for the whole family to spend time together and be active.

Michigan Parks and Recreation has a non-competitive walking program, **Walk Michigan**, which is held in various locations throughout the state. Participation makes you eligible for local prizes and a trip to Mackinac Island. To find a Walk Michigan program in your area, contact MRPA at: www.mrpaonline.org

The Governor's Council will be working hard this year to get the message out about "Active Summer in Michigan". Physical activity needs to be an important piece of everyone's lifestyle if we are to shed our image of an overweight, inactive state and become a healthy, active Michigan. Join the Governor in a 5 mile walk or run on Labor Day and let's start a new tradition all over Michigan.

For more information on how to be active, check the 1) Working On Wellness website: <http://www.michigan.gov/mdcs> - Employee Benefits, Employee Health and Wellness (be sure to check "What's Up in your Area"), and 2) <http://www.michiganfitness.org/> Governor's Council website.



Congratulations to Karen Shaler, winner of the May WOW contest! Prize: the book "A Practical Guide to Everyday Health Decisions--Well Advised" by Staywell Institute for Research and Education. Thanks to all contest participants. Please try again next month if you have never been selected a winner.

June WOW Message pdf:

http://www.michigan.gov/documents/JuneWOWEmailMessage_92202_7.pdf

Working On Wellness

Employee Health and Wellness

Phone toll free: 1 800 505 5011 local: 1 517 373-2814

email: MDCS-WOW-WorkingOnWellness@michigan.gov